

# NOVEMBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p><u>Phone Extensions</u> Nurse – ext 2101 Reception - ext 2000 Pastor Lorin - ext 2018 Wellness - ext 2025/2004</p>	<p><u>Need Technology Help?</u> <u>Telus TV help:</u> call Reception (2000) <u>Computer/tablet help:</u> call Wellness (2025)</p>	<p><b>1</b> 10:00 Art Expression (ADP) 10:30 Stretch &amp; Strength (MPR) 2:00 Christmas Craft Sale Project: Soap Making (CK) 3:30 Hymn Sing (MPR) 6:45 Movie Night (T)</p>	<p><b>2</b> 10:30 Balance Class (MPR) 10:30 &amp; 11:00 Virtual Reality (CK) <b>11:15 – 2:30 Alta Vida Fashions (O)</b> <b>1:30 Movie Matinee: Mamma Mia! (MPR)</b> 6:30 Bingo Night (LL)</p>	<p><b>3</b> 10:30 Chair Fit (MPR) 2:30 Beach Ball Volleyball (MPR) 3:30 Mystery Armchair Travel (MPR) 6:30 JEOPARDY Night (MPR)</p>	<p><b>4</b> 10:30 Stretch &amp; Strength (MPR) 2:30 Catholic Mass (MPR) 3:30 &amp; 4:00 Virtual Reality (CK) 6:45 Movie Night: When Calls the Heart (T)</p>	<p><b>5</b> 10:15 Manicures (CK) 10:30 Balance Class (MPR) 2:00 Shuffleboard (MPR) <b>7:00 Fraser Valley Quartet Concert (O)</b></p>	
<p><b>6</b> 10:00 Worship Service (MPR) 2:00 Board Games (LL)</p>	<p><b>7</b> 9:30 Bible Study (MPR) 10:00 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 6:30 Evening Social (MPR)</p>	<p><b>8</b> 10:30 Stretch &amp; Strength (MPR) 2:00 Christmas Craft Sale Project: Wreath Making (CK) <b>2:30 Line Dancing (O) *</b> - \$10 registration 3:30 Hymn Sing (MPR) 6:45 Movie Night: Dr Quinn (T)</p>	<p><b>9</b> 10:30 Balance Class (MPR) 10:30 &amp; 11:00 Virtual Reality (CK) <b>1:30 Bus Outing: Save-On-Foods*</b> 6:30 Bingo Night (LL)</p>	<p><b>10</b> <b>9:30 - 5:00 TAB Bra Clinic (O)*</b> - more info: call Clara at ext 4031 10:30 Chair Fit (MPR) <b>12:00 Bus Outing: Al &amp; Jan's Fish &amp; Chips*</b> 2:30 Beach Ball Volleyball (MPR) <b>3:30 Video Presentation by George VB: Remembrance Day (MPR)</b> 6:30 JEOPARDY Night (MPR)</p>	<p><b>11 REMEMBRANCE DAY</b> <b>10:30 Remembrance Day Service (MPR)</b> <b>1:30 – 2:00 SFU Pipe Band</b> - playing throughout village 3:30 Cranium Crunches (LL) 6:45 Movie Night: When Calls the Heart (T)</p>	<p><b>12</b> 10:15 Manicures (CK) 10:30 Balance Class (MPR) 2:00 Bowling (MPR)</p>	
<p><b>13</b> 10:00 Worship Service (MPR) 2:00 Board Games (LL)</p>	<p><b>14</b> 9:30 Bible Study (MPR) 10:00 Relaxation Room (W) <b>1:00 Hearing Clinic *</b> - sign up: call 604-584-7587 2:30 Crafter's Corner (LL) 6:30 Evening Social (MPR)</p>	<p><b>15</b> 10:00 Art Expression (ADP) 10:30 Stretch &amp; Strength (MPR) 2:00 Christmas Craft Sale Project: Card Making (CK) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Dr Quinn (T)</p>	<p><b>16</b> 10:30 Balance Class (MPR) 10:30 &amp; 11:00 Virtual Reality (CK) 2:30 Resident Council (MPR) <b>3:30 Wedding Social: Sonya &amp; Andrew (LL)</b> 6:30 Bingo Night (LL)</p>	<p><b>17</b> 10:30 Chair Fit (MPR) 2:30 Beach Ball Volleyball (MPR) <b>3:30 Fraud Prevention Seminar (HW)</b> 6:30 JEOPARDY Night (MPR)</p>	<p><b>18</b> 10:30 Stretch &amp; Strength (MPR) 2:30 Catholic Mass (MPR) <b>3:15 Fall Social: Cheek to Cheek Duo (LL)</b> 6:45 Movie Night: When Calls the Heart (T)</p>	<p><b>19</b> <b>10:00 - 3:00 Artisan Christmas Market (O)</b> 10:15 Manicures (CK) 10:30 Balance Class (MPR) 2:00 Shuffleboard (MPR) 7:00 Community Hymn Sing (O)</p>	
<p><b>20</b> 10:00 Worship Service (MPR) 2:00 Board Games (LL)</p>	<p><b>21</b> 9:30 Bible Study (MPR) 10:00 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) <b>3:15 Tena Presentation (MPR)</b> 6:30 Evening Social (MPR)</p>	<p><b>22</b> <b>9:30 Bus Outing: Surrey Museum &amp; Elisabeth's Chalet*</b> 10:30 Stretch &amp; Strength (MPR) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Dr Quinn (T)</p>	<p><b>23</b> 10:30 Balance Class (MPR) 10:30 &amp; 11:00 Virtual Reality (CK) <b>1:30 Bus Outing: Save-On-Foods*</b> 6:30 Bingo Night (LL)</p>	<p><b>24</b> 10:30 Chair Fit (MPR) 2:30 Beach Ball Volleyball (MPR) 3:30 Armchair Travel (MPR) 6:30 JEOPARDY Night (MPR)</p>	<p><b>25</b> <b>10:00 - 3:00 Emerald Christmas Market (MPR)</b> 3:30 Christmas Cranium Crunches (MPR) 6:45 Movie Night: When Calls the Heart (T)</p>	<p><b>26</b> 10:15 Manicures (CK) 10:30 Balance Class (MPR) 2:00 Bowling (MPR) <b>7:00 Calvin Dyck Concert (O)</b></p>	
<p><b>27</b> 10:00 Worship Service (MPR) 2:00 Board Games (LL)</p>	<p><b>28</b> 9:30 Bible Study (MPR) 10:00 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 6:30 Evening Social: Minute to Win It! (MPR)</p>	<p><b>29</b> <b>10:30 - 2:00 Pretty Things Vendor Booth (ML)</b> 10:30 Stretch &amp; Strength (MPR) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Dr Quinn (T)</p>	<p><b>30</b> 10:30 Balance Class (MPR) 10:30 &amp; 11:00 Virtual Reality (CK) <b>1:30 Surrey Museum Presentation: Celebrations Around the World (MPR)</b> 6:30 Bingo Night (LL)</p>	<p><u>Abbreviation Key</u> ADP = 3rd Fl ADP Room CK = Country Kitchen FR = Fitness Room LL = Lower Lounge ML = Main Floor Lounge</p> <p>MPR = Multi- Purpose Room O = Oasis W = Wellness Service RM T = 3rd Fl Theatre Room * = Sign-Up Required (call 2000)</p>			